2007-Eckhart-Tolle-Joy-of-Being-Retreat-Awakening-to-Your-True-Identity in-Denmark Part 2 of 2

[Speaker 1] (0:00 - 1:36)

And even human species would not be, survival would not be at stake, but now with that, it amplifies the madness. It started with especially the First World War and suddenly it wasn't a normal war anymore. They had the most dreadful weapons and it was the most dreadful thing.

They just stumbled into it. Millions killed. But consciousness is evolving through the human form.

As long as it can evolve through the human form, it will. Now the why, we can have more why's, but I think that's really enough that we need to understand. Just this is the general, situation that we find ourselves in now.

Perhaps one more question, perhaps here. Oh, is that a microphone?

[Speaker 3] (1:36 - 1:46)

I want to know when you're ready to initiate people. I'm ready.

[Speaker 1] (1:47 - 1:47)

When?

[Speaker 3] (1:52 - 1:54)

20 minutes a day would be wonderful.

[Speaker 1] (2:02 - 1:34:36)

The question is, if I understood rightly, when will you initiate people? 20 minutes a day would be enough. Thank you.

I would suggest that you look upon our gathering as an initiation. The changes that take place inside you are perhaps greater than you realize at the moment. So it may not be the usual thing that usually one understands as initiation, but that really is what's happening.

The shift in consciousness. Either you're being initiated, or you might have been initiated already by life, and then it's a deepening. Some people get initiated by life, and others by a teacher, and often the two work together.

It's only people who have already been opened up by life, they come here, and then the rest happens. So it doesn't need to be a formal thing. It's happening already.

you always the case you have to know it sometimes people ask how can I learn to live in the present moment and of course the answer is you've never been anywhere else you just don't know it so it's not really learning to live in the present moment is realizing that you are never have never been and never will be anywhere else everybody is already living in the present moment because there's nowhere else to live so if you think you have to learn it then things get difficult can you give me a method for learning for living in the present moment can you give me a method for finding myself and if you get a method that comes in between you and the present moment which hopefully will take you to the present moment or if you get a method for finding yourself that gets in between you and yourself who you are already a technique please give us a technique for living in the present moment it's just the realization that you haven't never left it except in imagination for many years I lived in London traveled on the underground or tube or subway as it's called in America every day and some stations on the underground deep below the surface streets level some stations are not straight they have a slight curve and when the train comes in the doors open now there's a little normally the train and the station almost next to each other but there there's a little gap between the train and the platform so when those trains come in at those few stations where it are slightly curved there's a recorded announcement it comes in the moment just the train comes in and it's been there as well as long as I can remember always the same voice must have been recorded 50 years ago or longer and it's a continuous repetition like a religious mantra and if the voice says mind the gap mind the gap mind the gap and tourists are perplexed some don't even know what a gap is mind the gap now for you for your mantra as you go back into the so-called world I would just like to change the first letter of this mantra from the London underground the instead of the M put an F in find the gap and that's the the mantra you can go away with and it's a helpful signpost to carry around with you no more than that or signpost in your mind still a thought but pointing beyond itself find the gap in any situation always find the gap within the still space where you are the space not what's happening the space a little space in the situation and it's in you and it starts with being on a bus later today moving the body from here to there if you find the space in any condition you're on permanent retreat so the essence of this retreat is not the external events but the inner realization that there is a space in you and in any situation if you look for it it's there there is a little stillness there underneath all the movement that's the retreat that you carry with you it always doesn't depend on any physical location and the smallest gap gives you a little bit of freedom already from the world and from your mind a gap in the stream of thinking on the stream of reactions where there is an alertness that arises in that gap formless attention the rest is form formless just attention even the smallest gap frees you from being totally run by the conditioned personality the conditioned mind and so on and then the gaps may in some place some situations the gap maybe suddenly get much bigger and then smaller again sometimes it's lost and then the mantra is helpful find the gap if you get overwhelmed with things no time for anything anymore find the

gap now because this person sitting up here is being used by life in a strange way it's almost like I've become a walking gap with a little bit of personality on the edges that's very weird and that's the reason why people who look to me for something other than space always kind of disappointed I don't reply to emails or people want some personal thing like there's some the walking gap can't do much else except as you leave here not yet some point in the now another way of looking at it it's the same thing you're not really going anywhere ever but the sensory shapes and forms around you change it's like being on a stage let's say this is a theater stage and as you know the sets change different act one act two different places let's say you're on the stage and you remain on the stage and then suddenly the whole stage that around you starts revolving and you have it suddenly in a different place first you're in a room meditation room retreat room and then suddenly I'm on a bus now and it's the stages and and then you arrive at some other place maybe your home or some other transportation first and changes again now I'm there and then you're at home in your familiar surroundings something however remains well you could call it the space the awareness doesn't really move things move around it your entire life some movement the space is there for the movement to happen so that it can happen around it itself it doesn't go anywhere it just seems to and as you know perhaps this retreat was not about personal development at all it was more about personal elimination I must admit that sometimes when certain people who know probably not much about these things they ask me what are you doing for example immigration the entire country well you should United United States they take a photo fingerprints what are you doing in the States well it's a rich teaching giving talks what about what kind of talks and then I must admit sometimes I say personal development and and even my mind knows it's not true and the mind says that's a lie however if I said personal elimination they would keep me there for a long time yes we will also spend some time of course in stillness together as some people have asked now you believe it or not I have at home a collection of all unanswered questions that I got on retreats and other situations of higher that high nothing is ever thrown away well not questions perhaps one day the best will be selected for a book or the silliest ones for humorous book everybody knows by now that the answer to any one question is not essential but some questions can be helpful the answers to vital questions can also come from within you unless the question dissolves if it's vital if you need to know some truly what then after a while you get the answer it may not be in the moment when you're looking for it but if you allow take the question if it's a vital question take the question into the stillness so you have the form which you hold in your mind that you have formulated the question you ask it and then it's like a pebble that you drop into this lake a still lake and then just become still where the question now disappears and at some point either the question will dissolve and it will no longer matter or at some point the answer will come not necessarily when you immediately after you've set aside this moment of stillness but at some point the answer come from within from without if it if you truly need it the it's always within you if you can access the gap vital answers come out of there other answers disappear is the story of the writer called Paul Brunton lived in the 30s I think

for 30s 40s at that time there wasn't much knowledge of Indian spirituality in the West India so he traveled to India and he visited holy teachers and to ask them questions for his book and then he reports in his book that he wrote later he visited Ramana Maharshi with his list of questions and when he looked at him he didn't have any more questions they all the questions dissolved in presence so what Ramana Maharshi taught him was the vital thing about spiritual transformation is not to get explanations or answers but it's a place where the mind forms dissolve and the formless arises and that's how Ramana Maharshi became famous through that book that Paul Brunton wrote where he said that level but that he thought was the most important one finding answers to questions was not the most important one in search of secret India is the title of the book a couple of people have written here about serious physical conditions that they are afflicted by and of course I cannot do anything directly about any physical condition these two these people have seen many doctors and so on what I do the moment I read that or is to for a moment hold that person or the name of the person and the condition as described hold that in awareness and then I so all is the same that you do with a question you then let it go and you got to a place of stillness where the form which is the condition that the person seems to be suffering from and the name of the person you take them into stillness that's what I do when I read something like that and that's what I did and I will continue to do with those two people for the as long as it's there in the awareness the next few days weeks the form when you take it into the formless you realize that there is already the inherent perfection hiding underneath the seemingly imperfect form that brings about a healing on whatever level sometimes it reaches the physical level but healing of course is a deeper thing healing is the realization of wholeness so I take that into that space that's all I can do in fact it's not a just when we talk about it it sounds like we're doing something and you could also as much as possible do it for yourself where there's the the condition is not there's only one absolute reality which is the formless essence of your being and you contact that and then healing happens sometimes it reaches the physical but it's always you become restored to wholeness to oneness that's it fundamental healing it's only on that level that you are already and always have been whole and perfect on the conditional there's always you gain something here you lose something there it's always that.

Somebody last night mentioned that at the center here things don't seem to be recycled so we'll look into that for the next retreat my impression was that Denmark has a highly developed awareness of ecological matters we will see that that doesn't happen on a retreat if that's the case oh this is a long question well Eckhart you point to the problems to the negative things which happens as hidden which happen as hidden doors to awakening and of course they are they can be used for that about the good things the lucky things the country that word pleasant presence the beauty the ecstasy the love don't you think that they can be used the same way I don't think they necessarily will get you bored don't you think the thankfulness could open you up to maybe even more or just equal consciousness as the bad events the challenging things are hidden doorways

if they're used rightly through non-resistance but those things you mentioned here the good things it's not so much that they take you into the presence they come out of the presence so when there's beauty in your life it means the awareness of beauty already means that you have some access to that deeper dimension where you recognize the depths that is there where you perceive something as beautiful the recognition of beauty means there is some stillness in you somewhere from where you can look deeply into something because beauty is looking deeper than just the form if you just look at the form of a flower of whatever it is it's very superficial and the judgment is equally superficial when you say that's a pretty flower that's a pretty flower you're just on the surface you don't really see the beauty it's like a many mechanical reaction to truly see there is a moment in the moment of seeing and responding to beauty there is stillness it might only be a second or two seconds but there it is maybe then the mind comes in and says something about it but the inner response to beauty comes out of the gap comes out of the stillness and there are people in this world who are so mind run by their minds that they don't see anything beautiful anymore there's no the depths isn't there they haven't found the gap they haven't found the depths within themselves that enables them to see beauty and respond to beauty because when you respond to beauty there is an aliveness suddenly there's one question I think I saw this morning so what is aliveness that's your mind talking of course the mind doesn't know what aliveness is because it's abstract concepts please define aliveness so that I can feel more alive nothing personal in this it's the mind not your mind the mind the human mind when you respond to beauty there is an aliveness there it comes out of the space of being present if only for a second or two so it's not it's different similarly you mentioned love here true love which is the recognition of not one but two almost could say a self-recognition of the essence of yourself in the other life form comes out of presence so they have these are very different from the so-called bad things the bad things are hidden doorways and these so-called good things you mentioned are actually there because there's already that dimension in you so they come out of they don't take you into the challenging things take you potentially into that state but they are hidden concealed doorways and these things arise out of presence and of course that's wonderful when they happen but again it's not looking the the highs come occasionally beauty love intense aliveness but not looking you don't need to look for the highs they come when they come you can't be and don't have to be on a continuous high you would get very tired and so when the when the highs are not there there's just a little low hum of I'm reluctant to even call it anything this hum of the background peace whatever it's a background it's a it's a neutral state of peace and then again the variations in the intensity but not looking for the highs not looking some people are looking for joy and seem to believe okay suffering being present puts an end to suffering the psychological suffering okay the end of suffering but where's the joy the joy is much more subtle and even if we call it joy it's not quite right the word but it's so subtle that it takes a while to see or feel the subtleness of that the joy of being is it's not the joy that you get from not like a pleasure it's relatively gross compared to that a pleasurable thing like a cream cake it's very different so if

there is love in your life and beauty and intense aliveness which you describe as ecstasy these things come out of presence how can we keep the meditation state of mind in which kids children new kids are born well you can't because you've lost it already because you were you grew up and you lost it and then this is the process of regaining that paradise lost paradise regained but when you regain something that's lost there's an a new dimension to it this is very similar also to our connectedness with nature the connectedness with nature that ancient cultures still have it's natural totally natural to them they have a connectedness with nature and they don't even know that they have a connectedness with nature because if you have nothing else if that is all you know then you'd in you're in that state unknowingly it's your natural state it's only if you have experienced and state of disconnectedness from nature that you become aware that there is such a thing as a state of inner connectedness with nature and this has happened to us we've all become disconnected from nature on the planet and from our own beautiful nature as the being the formless being itself not the being but being the formless one life we've come become disconnected from that the moment we became disconnected from that from our essence we became disconnected from nature then everything gradually became more and more lifeless our own sense of who we are became more and more superficial the way we looked at the natural world became more and more superficial so that the natural world gradually only became something to be used for utilitarian purposes and so or to be fought against and so that's been going on for a long long time and then as the new awareness began to rise and it's intensifying now humans suddenly found a renewed a they regained what they once lost a long time ago there are many people now who have a very deep connectedness with nature and awareness they know how precious and fragile it is now not everybody who is into ecological awareness necessarily can is there can really sense the aliveness of nature some of those people may still be trapped in their minds so this the essence is to feel the sacredness of nature which you can only feel when you have access to that dimension within yourself it's from there that you feel it not through the mind you cannot make yourself feel it by convincing yourself that nature is sacred you have to come to that place the deep stillness within the gap within that's where all sacredness resides in the formless it's the formless shining through the form that is the sacredness and that's what you recognize when you look at nature when you contemplate nature when you relate to nature and now humans are regaining that but now it's regaining with full awareness so you regain the lost state paradise lost paradise regained but with that added dimension of depth and knowing and on an evolutionary level only somebody who is lost it can go to that depth so that seems to have been our destiny to have it and to lose it and to regain it it seems to be part of a necessary cycle of evolution and if you see it in that point of view the whole madness had its place too it must have otherwise it wouldn't have happened everything has its place the madness and the waking up out of the madness so that was the question about yes children now do all children even children that are born now do they still need to lose that innate awareness that they have the natural state that they are still born with that may depend on the environment in most

cases they still do but in some cases if parents are conscious they may not have to lose it I know of some children now been born recently or a few years ago ten five years old ten years old who haven't lost it and so there's a new possibility now that we no longer need to go through into the ignorance ignorance not intellectual ignorance but true ignorance and lose that again and again my general I still had to lose it and many of you had to lose it and are coming back now it's that's the process of evolution how can I be spacious when somebody ignores me well that's a great opportunity for being spacious somebody does not affirm to you your identity as somebody now to the somebody the form identity the mind made self that is not very pleasant if somebody does not affirm even my existence it feels the form me feels diminished he completely ignores me as if I didn't exist so the natural reaction is you could might get angry or you might be feel very hurt or you might feel sad or the or you may feel diminished in your sense of self because you're being ignored diminished in your sense of who you are but on what level diminished on what level diminished on the level of the form me the form wants to stand out and say I'm here and please confirm my existence I'm here it's normal so but a great opportunity if you're being ignored is to allow yourself to be ignored and perhaps participate in that and ignore yourself so that from beings somebody then suddenly we mentioned the other day the Tao Te Ching mentions talks about being a valley rather than being a mountain so the the mind made egoic self wants to remain defined in and through form and it needs others to keep the form identity going if there were no others in your life it would be very hard to keep the form identity going so you need the constant reassurance and recognition from others that your form identity is real it has an actual existence and it wants if possible to have positive things so that it can take these on and identify with the positive statements about you if it has negative statements the form identity feels threatened and it gets angry or it runs away or gets very upset but a great practice is just as an experiment initially to see what happens if I don't attempt to affirm that I am somebody what if I don't demand that people should pay attention should see me what if I you're sitting around a table everybody expressing their opinion what if I just let go of mine and don't express it because that's another way of being there as somebody what happens if I just drop the need to express an opinion and just be there as an empty space and if everybody ignores me why not enjoy that because it's an opportunity for being there not as somebody but for being there as the space and another similar practice would be as it's the Bible recommends it I think Jesus said it when people attack you it says don't defend yourself it verbally and even he used the parable of of course of the other cheek this is to describe the state of non-reaction not necessarily a physical thing just let don't defend yourself they say you did this and that and that in some cases of course you have to say something it depends on the situation but in some situation you can experiment with just letting it be so that the form that continues wants to preserve itself if you just let it be and don't try to preserve the existence of the me which ultimately is a mental construct so when somebody attacks it or just let it be and then you become the valley you become the space and that's extremely there's an you think you become the ego thinks you become powerless but

there's a vast that is the power of the Tao the universal consciousness which you only access when you become the valley you kind of disappear as from the point of view of the egoic self so that's a beautiful practice so the how can I what was it how can I be spacious when somebody ignores me it's a wonderful opportunity for being spacious but it can happen if you if you the question is about living with someone a relationship there is a kind of ignoring that has is not just an ignoring if your partner is angry with you and doesn't talk to you that's more than ignoring you because there you don't just have a somebody not paying you attention there's a negative emanation of anger wordless you can sense it so I don't know if that's what you mentioned that's a somewhat different matter and but again here you can either accept that or you can remove yourself the need I want to be somebody special I want to be here to be seeing seen as somebody special that is a deep-seated thing wanting that's kind of specialness to stand out from the crowd and be somebody but ultimately it that's not the way to go you find the specialness through becoming the valley rather than the mountain and only there is the specialness but not not more special than anybody else the specialness that doesn't it doesn't need comparison could you please give comments or advice on this situation two people living together one consciously trying to maintain a state of presence rooted mainly in being with occasional lapses and the other a self-confessed skeptic who lives mainly in the mind and is controlled by the ego for the most part where is the common ground how does the present one deal with this perhaps this could have been asked by many people here in this room quite a few now from this question I assume the questioner is the present one the present one with occasional lapses now the answer of course he is very simple and that is that the the present one just has to be remain present and then he she will know what to do I cannot tell anybody what to do but if presence if you remain in presence then various things can happen one is against all expectation the mind-dominated partner may change suddenly perhaps something will happen to him or her something that cracks the shell of the egoic mind because some people need to be hit with something by life for the crack to appear that can happen but there's no guarantee that that will happen you can also remain and use it as a surrender practice you may find after a while if you remain surrendered and you are the space for the partners mind activity and ego very likely that something some change will happen it may come from you or it may come from the partner if the partner does not change sooner or later perhaps sooner suddenly the partner may remove him or herself from you or meet somebody else who is more compatible who is also mind dominated or you wake up one morning and say that's it I need to remove myself that's not to do when it comes out of presence it's not a decision-making something arrived at by decision-making process should I stay or should I go well on the one hand and they can make a list of if I stay then if I go then pros and cons now the the true that what comes out of presence doesn't come like that it comes as a ready-made knowing one morning when I say morning it could come in the evening too and you suddenly know there's no question about it that's what I have to do and then you do it it's a deep it comes out of peace that's how you recognize it and you can distinguish it from some other impulse that is an

emotional impulse that comes up and has a show very short lifespan it there's a realization that comes out of presence is peaceful it may be it is powerful but there is peace in it so you don't run away because you're so angry you can't stand it anymore that doesn't come out of presence that's an emotional impulse or mental impulse but the the realization comes with peace and then you would leave in peace but with power you would not leave with nodding and screaming but with peace so that is how the realization that comes up from the deeper level is recognized because sometimes people don't know where is this where is it coming from this what I feel while you are still there it's your spiritual practice because any condition that you encounter in the present moment is either a pain in the neck or your spiritual practice you complain about it it's bothering you to making your life difficult or it's a nice condition so you attach yourself to it and hope it won't change but it will or you attach yourself to the nice condition and then after a while it no longer satisfies it wears off so it changes and becomes a pain in the neck it becomes the what before made you feel great now it's boring I knew somebody who bought a wonderful car Ferrari something and it made him feel more alive and after a few months six months it no longer it became his normal car and even though the children were still pointing it in saying wow it wasn't the new thing anymore every time he would meet a few children who would come up and he would tell me yes have a look that's my car and then that wore off and then okay it's not working this isn't the right car and so then he bought an Aston Martin and that worked it was a much better car he felt more at ease and a few months passed but he had still had his Ferrari then he parked the Aston Martin wasn't that satisfying suddenly people didn't look at it that much and then he got the next one and he had three cars standing there until he realized it wasn't the cars he was looking some through the cars some satisfaction that they could never give him so then they were standing there the three cars and he realized it doesn't matter it's that's not the way no car can give you that's or any condition that's just using it as an example of expecting some fulfillment through a condition now this doesn't mean you cannot enjoy the conditions you can only in truly enjoy the conditions life the external life if you are not dependent on the conditions you can enjoy a nice thing in your life you can enjoy a beautiful object or beautiful place it is what you don't need you don't deny it you enjoy it but only when the neediness is gone of needing something from it some self-satisfaction through it then it's enjoyed and it's not going to last and that's enjoyable in itself too and when it's time for it to go or it gets destroyed or somebody steals it or you give it away it's fine because it's the dimension as Jesus calls it where moss and rust consume and thieves break in and steal nice expression he's describing this dimension of conditions and of objects in this world where moss and rust consume moss are the little things they eat clothes and rust consumes even the most solidly seeming thing iron you leave it for and gradually something is eating it up it dissolves and thieves break in and steal so circumstances sometimes actual thieves or whoever take things away from you circumstances if your heart is in that dimension you suffer all the time if you're expecting something from it if you expect nothing no fulfillment you can enjoy the fulfillment is pre-existent to conditions and then

the conditions can be enjoyed because you don't demand what they can't give oh here's a similar question how do you decide whether to or to leave a very stressful job situation with too much work to do an intense pressure and too little time oh there's the word decide here so it's not through deciding but it's through realizing what is right for you now as you describe this I know what would be right for me in this situation I can feel it already can feel myself walking out even if I have to sit on a park bench for the next two years I'll walk out there's nothing wrong with a park bench breathe look around now of course this is an interesting point that this world the the structures of this world reflect the madness of the unconscious human mind that the unconscious human mind has created all the economic structures the office structures the companies the corporations the governments the bureaucracies and all the the way in which people behave in those places these are collective behavior patterns and what do you do as a person who is waking up if you're in the midst of the madness and there are always two possibilities one is bringing the sanity into the madness so that at least from you you don't participate in that anymore it so it spreads from you you are the field of presence and it spreads from you to others in quite a few situations that will be possible and then there's a change comes from within and that's of course wonderful from within the world to change little things the old consciousness then is being undermined it's a good thing the structures that protect the madness don't understand this otherwise the CIA would be coming here and listening in but it probably wouldn't make sense to them because the eye in the CIA is not the true eye if anybody's here from the CIA I apologize oh it's a short question two words what's intuition well of course and knowing a realization that is not arrived at through thinking it comes out of not thinking not a logical progression ready-made so it is it comes from the non-conceptual intelligence that is the consciousness prior to form stillness the aware presence is intelligence itself conceptual intelligence which is a thinking mind is a tiny manifestation of the underlying non-conceptual and formless intelligence that pervades the entire universe but you access it within and out of that intelligence comes ready-made knowing ready-made realization so and then you don't know how you know it but you know it you don't know how the realization how you arrived at the realization because it just arrived it comes and you know so there is a knowing that the mind knows nothing of and a knowing that to the thinking mind looks like a state of not knowing the state of formless intelligence the thinking mind cannot recognize it and now and because the thinking mind has devised IQ tests it can only measure itself it's limited abilities through IQ tests the thinking mind cannot measure the formless intelligence so I've never seen an IQ test for intuition or maybe some enlightened psychologists maybe they'll come up with something but IQ tests measure a very limited range of intelligence which isn't really intelligence at all it's one particular skill how to use your mind that this society encourages and values and the rest is still not recognized in schools children who have access to the formless intelligence tend to be much slower than others they are not recognized and in many cases considered a little bit behind slow stupid even but even if you use your mind it has to you can only use constructively if you want to use your mind in a fruitful way it has to

link into the the deeper stillness otherwise the mind is a mad thing if the mind is left alone without the link the conscious link into the stillness it's a mad entity but if you link then you can even become a fruitful thinker if you have that the gap if you find the gap and it doesn't have even short gaps is enough so that you can have a few original ideas now many people in this world have no original ideas not that original ideas are of absolute importance but they are nice occasionally a new thought oh nobody had thought of that before even a new joke is original and some people have that ability they must have some access some little gap somewhere and out of that comes the ready-made jokes spontaneously that's spontaneous intuition same thing arising that's why I mentioned Woody Allen is just one example of somebody you know who spontaneously creates dogs now you might think by looking at him well he is totally mind identified because that's how he looks kind of worried all the time but somewhere inside him there must be a little gap and out of that comes the jokes and so that's it comes out of that's the gap intuition comes out of that non-conceptual intelligence Einstein is regarded to have had a highly developed mind but it was only Heidi it wasn't really a highly developed mind he was just slower than all the other minds that he grew up with at school he wasn't particularly good at mathematics and physics after he graduated graduated he was the only one who couldn't get a job they don't know he's not that bright he's very slow because he was in touch with stillness although his mind worked he was in touch with stillness and then the best thing that could happen to him he didn't get a job so he had to get a boring position in the patent office in Switzerland he was too highly qualified but couldn't find anything else and that left him time to go deeper and then thoughts didn't come immediately he was looking deeper at certain things conditions in the physical universe and so they always said he was the world left him alone long enough for the very interesting and talked very original theory of relativity to come out of him if he had gotten a job with the neutral stress associated with the job might never have come but he was too slow the world didn't recognize first okay he just doesn't look very bright and of course that brightness does not come from him it comes from a deeper level of being the true intelligence what the other intelligence is the undisconnected intelligence and people can have PhDs and they create havoc in the world and they all have their degrees and PhD they've gone to great universities and they become politicians and they create havoc in the world because every decision they make is not rooted doesn't come from being it reflects the madness of the disconnected mind I've heard that sound somewhere before how can one differentiate between being at peace with what is and suppressing emotions especially with people one would like to love parents partner best friend how do you recognize being at peace and accepting what is with super and to differentiate it from negative emotions that you may be hidden or you're suppressing them now there are people who think they should behave and be nice to others and on the surface it works and yet there's a turmoil of negative emotions that in some cases they don't even know they have because they cannot disconnected from the deeper level they are not in their body they don't feel the emotion they just think they are being nice people and trying to be nice to everybody and of course it's a

nice thing to trying to be nice to everybody but after a while something will come out of you that is not nice you suddenly go oh where did that come from I'm such a nice person how could I have done such a thing and in some cases of cases people are very unconscious they try to be nice and suddenly they become violent even a violent thing comes out oh my god oh I don't know where that came from they say when they go to court and and everybody says we don't understand he was such a nice person how could you have murdered five people and the mother says my son would never do anything like that it's you haven't looked so how do you when you're not when you're cut off a very helpful thing is to make it a practice to take attention into the body the more you take attention into the body the more you begin to feel what is going on in the body because an emotion is the body reacting to your thought processes and then feeding your thought processes so the circle and then you know you can actually feel when when there is something that is a contraction in the emotional body or turbulence in the emotional body when you're not totally up here then you can begin to feel what's here and then you know the difference between accepting what is truly or suppressing an emotion but once you discover an emotion inside you for example you are upset but you're trying to be nice at the same time because you mustn't show people to that you're upset because you're a nice person and they might get upset if they realize that you are upset so you try to be nice but that doesn't work you have to at some level either be the space for the upset and say there it is I can feel it and accept in the acceptance comes transmutation or you might even express it depends on the situation and who you're with sometimes if you express it consciously it doesn't mean you are putting it on to the projecting it onto them you're only projecting it if you're unconscious then you will attack them in some way or suddenly it becomes a sharp criticism that is quite a knock would not me at all how I don't know what's just came into sorry about that it was you wasn't if you're looking if the person is relatively conscious next to you can say you know when you let's say the person did something to create it said when you said that this morning or you did that I felt upset and I can still feel it now isn't now this means it's not a projection this can if the person is conscious enough you have to see who you're talking to that can be a wonderful thing to say what you feel when you did this I felt that you're not accusing this is consciously looking at it and then it can very quickly be resolved but you can only do that with somebody who is relatively conscious there may be other situations in the world you might be sitting at some formal dinner with the head of state and it would not be appropriate perhaps to say to the Queen of England this this morning when you gave your speech I felt a negative reaction then you just have to be with it and know it's there and accept that there's a negative actions through the acceptance you're not perfect in form and never will be the perfection lies in the formless you will never be a perfect personality or human being don't even try to make yourself perfect be perfect when Jesus said be perfect as your father in heaven is perfect the real translation of that is behold as the wholeness is whole be a be one with the wholeness this is a formless not the surface level yes you're not perfect and there's an emotion that arises it's human the human form and you accept that you bring you

because you couldn't accept the situation that created the emotion that's why the reaction came in and you remember we talked about the two opportunities to two chances you can accept what is if you miss that chance what is will create some negative reaction and then you then realize there is a negative reaction your second chance is to say that is you become the space for that so that is so the Queen of England you would simply say okay that is and maybe that if you do it for yourself it's sometimes the energy field then changes well the moment it's accepted it decreases the moment it's accepted for what it is it decreases then suddenly where there was a negative emotion peace and even the Queen can suddenly feel oh I feel a bit more alive it spreads and suddenly her smile comes from a deeper level we are still here I am still here I am here I of course means the I sitting in that chair I am here now unless my feet are moving towards the door but you still you're always here now that doesn't the changeless space and then the world changes we sit here for a little while in stillness

[Speaker 2] (1:36:30 - 1:50:19)

thank you